

MID-DISTANCE TRAINING FROM A CROSS COUNTRY COACH PERSPECTIVE SESSION TWO

WHAT IS MID-DISTANCE?

*800/1500/Mile

*3k/3200/5k?

6 of the top 20 women in d3 in the 3k have a Mile PR worse than 5:00 and only 1 of the top 10
5 of the top 20 women in D3 in the 5k have a Mile PR worse than 5:00 and a 1500m PR worse
than 4:35

7 of the top 20 men in d3 in the 3k have a Mile PR worse than 4:10 and only 1 of the top 10
5 of top 20 men in D3 in the 5k have a Mile PR worse than 4:10 and a 1500m PR worse than
3:50

5 of the top 20 women in D1 in the 3k have a mile PR worse than 4:36

6 of the top 20 women in D1 in the 5k have a Mile PR worse than 4:40 and a 1500m PR worse
than 4:20

1 of the top 20 men in D1 in the 3k have a Mile PR worse than 3:59

8 of the top 20 men in D1 in the 5k have a Mile PR worse than 4:00 and a 1500m PR worse
than 3:40

*400m?

UW OSHKOSH 800/1500/MILE SUCCESS

*Men: 16 of 42 WIAC Individual Champions in the 800/1500/Mile

*Men: 11 of 37 WIAC All-Americans in the 800/1500/Mile since 2014. The most in the WIAC

*10 men have run 1:52 or better

*11 men have run 4:15 or better with 4 under 4:10

*6 men have run on national qualifying 4x400m Relay teams

*Examples of growth

*Women: 13 of 30 WIAC Individual Champions in the 800/1500/Mile

*Women: 10 of 13 WIAC All-Americans in the 800/1500/Mile since 2017

*7 women have run 2:16 or better with 4 under 2:12

*10 women have run 5:08 or better with 4 under 5:00

*3 women have run on National qualifying 4x400m relay teams and 7 have been on our A team
at season's end

*Examples of growth

TRAINING PLAN OUTLINE FOR 800/1500/MILE/3k/3200/5k

*Cross Country in the Fall

Combination workouts:

Example One: Tempo / VO2 / "speed" (sub 800m pace)

Example Two: "speed" / Tempo / "speed"

Example Three: Mile pace / Tempo / Mile pace

Example Four: MV / VO2 / MV

Volume varies but workload typically matters

TRAINING PLAN FOR 400/800 GROUP

*No Cross Country in the Fall

Every two weeks we do 5 hard efforts (offseason)

Example One (two week period):

Monday: warmup with drills / VO2 workout (examples?) / cooldown

Tuesday: recovery mileage (2-6 miles) or uptempo biking (15-30 minutes)

Wednesday: warmup with drills / tempo effort (1.5-3 miles of work) / cooldown

Thursday: recovery mileage (2-6 miles) or uptempo biking

Friday: warmup with drills / 6-10 x hill charges (50-100m) starting every 3-4 minutes / cooldown

Saturday: recovery mileage (1-6 miles)

Sunday: cross-training or go for a walk or OFF

Monday: regular run (2-6 miles)

Tuesday: warmup with drills / "speed" workout ranging from 150m-400m / cooldown

Wednesday: recovery day of cross-training (15-30 minutes), stretching

Thursday: 1-4 miles with some strides

Friday: warmup with drills / time trial (300m, 500m, 600m, 700m, 1000m) / cooldown

Saturday: recovery mileage (1-6 miles)

Sunday: go for a walk or OFF

Example Two (in season two week period):

Monday: regular run of 2-6 miles

Tuesday: warmup and drills / combination workout (VO2 and "speed") or (tempo and "speed") / cooldown

Wednesday: easy recovery miles (1-5) and/or 15-30 minutes cross-training

Thursday: warmup and drills / 3-4 x fly 30m OR 3-4 x hill charges every 3-4 minutes / cooldown

Friday: 1-3 mile run with stretching, light strides

Saturday: RACE DAY

Sunday: 15-20 minutes cross-train or 1-3 miles or go for a walk

Monday: regular run of 2-6 miles

Tuesday: warmup and drills / combination workout like the previous Tuesday / cooldown

Wednesday: easy recovery miles and/or 15-30 minutes cross-training and go for a walk

Thursday: warmup and drills / 2x150m fast every 5:00 OR 4-5 x resistance training (sleds, etc) / cooldown

Friday: 1-3 mile run with stretching, light strides

Saturday: RACE DAY

Sunday: 15-20 minutes cross-train or 1-3 miles or go for a walk

KEY TAKEAWAYS

*Importance of speed development

-Are you doing max velocity?

-Are you regularly running at 800m pace or faster?

-Are you practicing some "resistance" training?

*Importance of Differentiation

-What are your athletes good at?

-How much can each athlete handle?

-Can you work on weaknesses while still prioritizing strengths?

-Are you willing to adjust your own thoughts/ideas if they aren't working for an athlete?

*Importance of Mileage and racing longer distances

-Huge benefit to racing cross country from 800m up for most

-How can you adjust their workload if their body/mind can't handle a lot of miles or longer races?

-What do you do if you meet resistance to volume?

*Importance of Talent/Luck